

Chew on This

2 May 1985

Advertisement

by Dr. Gerald W. Klein

Many people are victims of pain and discomfort in the jaw and upper neck area. Chewing, talking, or even attempting to sleep on one side can cause the symptoms to worsen. Chewing may cause so much noise in the connection of the jaw as to take away all the peaceful atmosphere of mealtime. These are some of the symptoms which describe a condition that has come to be widely known as TMJ (Tempromandibular Joint) Syndrome.

As an example, case history #947 from the files of the Heber Valley Chiropractic and sports injury clinic is one of the most dramatic responses I have seen concerning this problem. A

middle aged female with a 6 month history of severe pain, stiffness and constant discomfort in the TMJ area was seen in this office. She was unable to open her mouth more than 1/2 inch. Even this maneuver caused sharp pain.

She had been using prescribed anti inflammatory drugs and pain killers for months. These gave some relief from the symptoms until they wore off. Then the pain was as severe as before. Obviously this was just hiding the symptoms. Surgery was recommended to attempt to alleviate the problem. She had resigned herself to the surgery but first came by the clinic. She had been to our clinic previously and was more than enthusiastic about the results obtained then. Why not try again?

Thorough examination was of course initiated then treatment was started. In one week she excitedly related she was better than she had been in 6 months.

In less than one month she was completely pain free. She was even able to open wide enough to

devour an extra large cream puff.

Is it rewarding to help someone avoid unnecessary pain and expense of surgery? INDUBITABLY.

Mordern, gentle chriopractic uses natural, safe methods to solve the cause of many physical ailments. If Chiropractic is not the best approach for your particular problem you will be given a referral to someone who may better help you. Heber Valley Chiropractic and Sports Injury Clinic is located at 31 West Center in Heber. Telephone 654-1550.

We welcome Kris Allen to the staff at Heber Valley Chiropractic and Sports Injury Clinic. Dr. Klein says her positive attitude and enthusiasm will be a great asset to the patients. Come and meet her. She's terrific.

**KODAK AND FUJI
FILM AT
DISCOUNT PRICES!**

All photo finishing work
is guaranteed

FILM DEVELOPING & PHOTO ACCESSORIES
94 So. Main Open Mon-Sat 11-6 P M



For all you beginners, this good size
bedroom, full bath home with large
kitchen & entrance to carport is excellent.
Great for weekenders!

50% off

NOW \$31,500

9 3/8% No Money Down
F.H.A., V.A. Approved

- Vanity Mirrors
- Smoke Detector
- Oak Cabinets
- All Wood Doors
- R15 Walls Outside
- Formica Counters
- Electric and
- Plumbing Fixtures
- Kitchen Hood

**Each Home
Sold in May
Will Receive
A Free Wood
Burning Stove
Remember,
There's Only 5
Left.
• R15 in walls**

Chew on This

Advertisement

2 May 1985

by Dr. Gerald W. Klein

Many people are victims of pain and discomfort in the jaw and upper neck area. Chewing, talking, or even attempting to sleep on one side can cause the symptoms to worsen. Chewing may cause so much noise in the connection of the jaw as to take away all the peaceful atmosphere of mealtime. These are some of the symptoms which describe a condition that has come to be widely known as TMJ (Tempromandibular Joint) Syndrome.

As an example, case history #947 from the files of the Heber Valley Chiropractic and sports injury clinic is one of the most dramatic responses I have seen concerning this problem. A

middle aged female with a 6 month history of severe pain, stiffness and constant discomfort in the TMJ area was seen in this office. She was unable to open her mouth more than 1/2 inch. Even this maneuver caused sharp pain.

She had been using prescribed anti inflammatory drugs and pain killers for months. These gave some relief from the symptoms until they wore off. Then the pain was as severe as before. Obviously this was just hiding the symptoms. Surgery was recommended to attempt to alleviate the problem. She had resigned herself to the surgery but first came by the clinic. She had been to our clinic previously and was more than enthusiastic about the results obtained then. Why not try again?

Thorough examination was of course initiated then treatment was started. In one week she excitedly related she was better than she had been in 6 months.

In less than one month she was completely pain free. She was even able to open wide enough to

devour an extra large cream puff.

Is it rewarding to help someone avoid unnecessary pain and expense of surgery? INDUBITABLY.

Mordern, gentle chriopractic uses natural, safe methods to solve the cause of many physical ailments. If Chiropractic is not the best approach for your particular problem you will be given a referral to someone who may better help you. Heber Valley Chiropractic and Sports Injury Clinic is located at 31 West Center in Heber. Telephone 654-1550.

We welcome Kris Allen to the staff at Heber Valley Chiropractic and Sports Injury Clinic. Dr. Klein says her positive attitude and enthusiasm will be a great asset to the patients. Come and meet her. She's terrific.



KODAK AND FUJI
FILM AT
DISCOUNT PRICES!
All photo finishing work
is guaranteed
FILM DEVELOPING & PHOTO ACCESSORIES
94 So. Main Open Mon-Sat 11-6 P M



For all you beginners, this good size
o bedroom, full bath home with large
hen & entrance to carport is excellent.
Great for weekenders!

50% off
NOW \$31,500

9 3/8% No Money Down
F.H.A., V.A. Approved

- Vanity Mirrors
- Smoke Detector
- Oak Cabinets
- All Wood Doors
- R15 Walls Outside
- Formica Counters
- Electric and
- Plumbing Fixtures
- Kitchen Hood

**Each Home
Sold in May
Will Receive
A Free Wood
Burning Stove
Remember,
There's Only 5
Left.**

- R15 in walls

NERVES



By: Gerald W. Klein

In my office this seems to be one of the more popular pictures. Possibly because it reminds us of someone we know, intimately!

In our busy world today we are constantly under stress. I have heard it said "we may experience more stress in a day than our ancestors experienced in a year." Too often we let it get the best of us. This can result in recurring headaches, digestive and elimination problems, loss of sleep and energy, irritability,

depression, to say nothing of heart and other serious problems over the years.

Chiropractic can most definitely be of great help in such problems reducing the symptoms and giving the body a chance to heal itself. You must also change your mind set and learn to handle the stress properly. Over the past 13 years in private practice I have found it necessary to educate my patients along those lines. That in conjunction with Chiropractic can add years to your life and life to your years.

Don't let life and stress seemingly control you, you are the master, let's learn how. It truly is a life or death matter.

Dr. Klein is the director of the Heber Valley Chiropractic and Sports Injury Clinic. Their number is 654-1550. There is no fee for consultation and most all insurance covers chiropractic.

Advertising

On Top Of IT All
Hairstyling & Boutique
Walk-Ins Welcome
Joby, Linda, Liz & Barb

50 E. 100 S., Heber

654-3604

What's a hospital party without a bedpan race? Two groups of five lines with five people in each line had to run with a bedpan full of water. The fastest group that spilled the least amount of water won the race. There were, however, a few who got very wet. You would think with so much experience in carrying bedpans they wouldn't spill so much!

Ken Smith hosted the "Gong Show" in which various talented, well, somewhat talented members put on their "best" act. Karen John recited an interesting version of Rinderella (Cinderella) which was awarded a trophy for the best act. Rosemary Cornell and Vickie Taylor created an "Italian Tenor" using Rosemary's head and Vickie's hands. This was judged to be the worst and a trophy was awarded them. The

grand finale was an act by Melba Kinsey and Ellie McMartin dressed as ballerinas who performed an original version of Swan Lake. They brought down the house and received a trophy for being the funniest!

A cake sale followed in which cakes of different designs were put to auction. One cake was in the shape of a "shot" and another was designed as a bedpan. The person who bought the one that looked like a bedpan probably has a cast iron stomach.

To conclude the party, a dinner was served by the dietary staff of WCH. Bob Draper, head chef of WCH, dispels the myth that hospital food tastes terrible--it's fantastic!

According to Rosemary Cornell, chairperson of the Activities Committee, "This party was one of the most successful ever held for WCH."

Pioneer Trek Planned

The Mountain Valley Chapter of Sons of Utah Pioneers recently had a project of placing a cable fence around the Soldier's graves at Soldier Summit. A good job was done by 14 people.

This SUP Chapter would like to invite anyone interested to come and join them in a Pioneer Trek from "This is the Place Monument," at the mouth of Emigra-

tion Canyon up the Pioneer Trail to Henefer.

Meet at "This is the Place Monument" at 8:30 a.m.

Date: Saturday, 20 July 1985

Lunch: Bring your own picnic and water.

Vehicles should be trucks or 4 wheel drives. Arrival at Henefer about 3 p.m. Arrival at Heber about 4:30 p.m.